



PRAGYAN
S C H O O L

WEEKLY CIRCULAR SENIOR

3rd NOVEMBER 2023
(CIR/PS/104/2023-24)

OPEN FORUM IX-XII

An open Forum session was conducted on the topic -'Is it feasible to have- One nation, one election in India'. The students enthusiastically participated and myriad of opinions came forth related to the topic. It eventually became a battle of words when the seasoned speaker presented plethora of arguments. It was overall a fruitful discourse.



SCIENCE CLASS ACTIVITY VI

On 28th October students of grade VIB performed the experiment to test the nutrients present in the food materials that they have brought as potato, milk, Chickpeas , bread , pulses. Students tested the presence of protein, starch and fat.



LIFE SKILLS

To assist adolescents in developing the skills required to deal with life's realities, life skills classes were conducted for the students. To explore and recognize emotions, students of class VI participated in an activity where each student portrayed a facial expression representing an emotion, and their classmates had to identify it. The students successfully expressed emotions such as anger, happiness, sadness, and disgust. Following this, students were paired up to collaboratively create a collage depicting various emotions using cut-outs from newspapers and drawings, fostering teamwork and creativity.

To cultivate an understanding of kindness and empathy among students of class VII, an activity was organized to generate ideas on how they could express kindness towards the staff working in our school. The students actively participated in brainstorming sessions, generating a variety of thoughtful ideas and ways to extend kindness to individuals within the school community. Furthermore, a "Compassion towards Animals in Cages" activity was organized for the students to encourage them to generate a range of ideas aimed at improving the conditions for all animals in zoos.

LIFE SKILLS



MANODARPAN SESSION IX-X

To delve into the dynamics of emotions and develop effective relaxation strategies, ninth-grade students engaged in a thoughtful conversation about the nature and triggers of anxiety. In addition, the students were introduced to a relaxation method known as "box breathing" to aid them in handling and channelling their anger productively.



ARTIST OF THE MONTH : OCTOBER

Gauri of class XIB is the artist of the October month. She's very creative. It was her first time canvas painting and she performed very enthusiastically to make beautiful and aesthetically accurate art. She gave her whole hearted effort and did her best which is well appreciated.



INTERCLASS COMPETITION IX-XII:INQUIZITIVE 5.0

A competition with Beyoncé, which had captured everyone's attention, that went beyond excitement was the finale of the current affairs based annual quiz, "Inquizitive 5.0" on 1st of November conducted in the School Auditorium. The agitation in the air made everybody moved when the quiz geared up. With each passing round the scenarios changed completely and presumptions about the winners were difficult to be made till round three. 4 students each from classes IX to XII were selected earlier from the screening round to participate in this Mega finale. The participants from each team played absolutely well and left no stones unturned to be on the mainstream. The students of class X gave a hit and won the competition. Class XI made to the second position. It was overall an exciting and the most awaited competition of the session.

INTERCLASS COMPETITION IX-XII:INQUIZITIVE 5.0

Winners : Class X

Participants:

- 1) Anagh Raina
- 2) Ifrah Khan
- 3) Krishiv Goyal
- 4) Daksh Srivastava

Runner up: Class XI

Participants:

- 1) Devaj Bhadana
- 2) Vibhu Tiwari
- 3) Rakshit Katiyar
- 4) Sagar Sinha





PARENTING TIP

Top 10 GOOD PARENTING TIPS

1. Be A Good Role model
2. Love Them And Show Them Through Action
3. Practice Kind And Firm Positive Parenting
4. Be A Safe Haven
5. Talk With Your Child And Help Their Brains Integrate
6. Reflect On Your Own Childhood
7. Pay Attention To Your Own Well-Being
8. Do Not Spank, No Matter What
9. Keep Things In Perspective And Remember Your Parenting Goal
10. Take A Shortcut By Utilizing Findings In Latest Psychology And Neuroscience Research

CIRCULARS SHARED DURING THE WEEK

- Datesheet Detailed Assessment - 3 (Classes VI to X) shared on 28th Oct 2023.
- Online Integrity Pledge - Vigilance Awareness Week shared on 2nd Nov 2023.
- Important Instructions regarding Annual Function (Classes VI to VIII) shared on 2nd Nov 2023.

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